

HIGHLIGHTS:

FEATURED FUNDRAISERS:



NEW: Wendell Pulled-Pork-Pull-Up Fundraiser

When: October 16th from 11AM—1PM

Where: Eastern Wake Senior Center Parking Lot , Wendell NC

Drive through and Pick up Pre-Ordered Meal including pulled pork, baked beans, roll, and dessert . Prepared, and provided by **Cadence Living of Wake Forest**. All proceeds go to the Senior Center.



Cost: \$10.00 per meal . Preorder and prepay. Cash or check only . Only 120 meals available. Call the **Wendell Senior Center 919-365-4248** to prepay and sign up.

NEW: Wendell Sizzlin' Summer Picnic Basket Drawing:

\$1.00 a ticket or \$3.00 for 5 tickets . Drawing will be held on Monday, November 2nd. Call the **Wendell Senior Center** for tickets.



Jennie Griggs
Program Director

Let me introduce you to another one of our team members; certainly, not last or least, our other program assistant at NWSC is Norma Hammond. Born and raised on the Jersey Shore, North Carolina was blessed when she moved to Wake Forest 27 years ago. Norma is a Mother of two with a grandson attending Franklin Academy. Her kind heart and pleasant disposition make you feel at home when you walk in the senior center or speak with her over the phone. She started this job after retiring and loves being here almost as much as we love her. Her giving spirit and love of people make the center a perfect place for her talents. When she is not here, she loves her two cats, bird watching, and gardening and takes care of her 114-year-old house, eating pulled pork and fried green tomatoes. Norma, are you sure you are not from the South?



Norma Hammond

FEATURED FUNDRAISERS CONT:

DRIVE TO REDRIVE AUTOMOTIVE:

One of this month's featured sponsors is **REDRIVE**. From September 15th to October 15th, REDrive is going to donate **\$15.00** for every **\$30.00 car inspection**, and **\$10** off of every regular oil change to the North and East Wake Senior Centers depending on which center you identify. Their rates for an oil change are \$40 for regular oil and \$50 for synthetic.

REDRIVE is unique. They are a car dealership alternative committed to providing unmatched customer service, accompanied by quality used vehicle inventory at affordable prices. They promise to protect their customers from the dishonesty often associated with the used car industry, significantly affecting the scams so often experienced by the aging population. They also make your auto repair experience easy and painless while focusing on quality service and quick turnaround.

Please call REDRIVE to schedule your appointment and tell them the senior center sent you. They are located at 7409 Louisburg Rd, Raleigh, NC. Call REDRIVE at 919-964-0462 to schedule your appointment today.

DRIVE-THROUGH COVID19 RAPID TESTING:

by LoginClinics. **Testing will be at the North Wake Senior Center. (see schedule to right)** The drive-through is for all ages! The senior center is managed by Resources for Seniors and will receive a **\$5 donation** from LoginClinics for every test given. It is our hope that we can offer the same program in Wendell; nevertheless, all are welcome to participate in this opportunity. They will also have the Send-Out PCR Swab which will take 2—4 days.

To Register do not call the center!

Call 919-679-1880 from 9am—5pm M-F for instructions, explanations, and drive through time. You may also seek further information online at admin@loginclinics.com.

There will be two types of test provided: Results provided in 20 minutes.

Antigen Test: Show Active infection: Cost \$75

Antibody Test: Antibodies reflect recent or past infection:
Cost \$75

LoginClinics will determine if you need one or both tests at time of registration. For more information you may visit:

<https://link.edgepilot.com/s/b13a49d8/9iYwOAgSROKiVO0XkKDs4A?u=https://www.loginclinics.com/contents/about-nav/current-events>

\$75 per test. We will determine if they need one or both.

Cash, not billable to insurance through LICs.



*LoginClinics is looking for a way to serve the Wake Forest community by offering their rapid COVID antibody and antigen tests. These tests provide COVID status results in **20 minutes**; both showing an active or past infection from the virus.*

Founding member of LoginClinics, Jaclyn Qualter, NP, A-CTTP, is a board-certified nurse practitioner and telemedicine provider located in Wake Forest, North Carolina. She will be administering the tests.

COVID19 Rapid Test Schedule:

**Saturday, September 19th
9:00am to 2:00 pm**

**Monday, September 28th 12:00pm
to 4:00pm**

Northern Wake Senior Center
919-554-4111
wfsccordinator@rfsnc.org

Eastern Wake Senior Center
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ewscordinator@rfsnc.org

FEATURED EVENT:

FLU SHOT Drive-Thru: Wow! A drive-thru Flu Shot opportunity! We realize that many seniors may not want to get their annual flu shots in an effort to avoid doctor's offices and any possible coronavirus exposure. But these flu shots are so important especially this year! And, since no one loves getting a shot, **Heritage Audiology** will be offering FREE ice cream!

When & Where:

Friday, October 2nd – 9-11AM – Northern Wake Senior Center
Wednesday, October 7th – 12:30-2:30PM – Eastern Wake Senior Center
Thursday, October 8th – 12:30-2:30PM – Northern Wake Senior Center
Each date will have a limit of 100 doses – you may email or call to confirm your shot! Contact: Brent@HeritageAudiology.com or (855) 252-1818

Cost:

FREE with insurance card: (Please remember to bring your updated Medicare Card)

Without Insurance: \$25 Regular Dose or \$60 High Dose
**CASH or CHECK Only

A CVS Pharmacist will be giving the Flu Shots



Heritage Audiology will be sponsoring and handing out the FREE ice cream



FEATURED NEW FITNESS CLASSES:

CARDIO, SHAPE, TONE AND SCULPT: A 45 Minute weekly program beginning Thursday September 17th 10-10:45AM. Taught by Linda Thomas. Use the light weights you have at home or be creative with water bottles. This class will complete your weekly workout. Register at 919-554-4111 for your waiver and receive the class link.



Walk with Ease: Offered by Resources for Seniors Northern and Eastern Wake Senior Centers

The program is Evidence-Based approved by the Arthritis Foundation. Its objective is to reduce your arthritis pain through walking and to receive health benefits such a program can provide.

Resources for Seniors will be offering the class at two Senior Center locations. The course is going to be held both live and virtual, depending on which site you are taking the program. Each lesson includes discussion and education, stretching, walking, cool down, and socialization regardless of which version you take. The class is developed for each individual to “do at their own pace.” Initially, you may walk for 10 minutes. The goal is to walk up to 30 minutes, so the class's total time may vary.



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FEATURED NEW FITNESS CLASSES CONT:

Walk with Ease Cont: Since the course is an Evidence-Based program, there must be compliance in attendance for us to get the funding to provide this program. If you feel that you will miss more than two classes, please do not sign up. The maximum number of participants for each class is 15 people. The course will last six weeks (not including the introduction). There will be a total of 18 lessons. Each class will take place on Mondays, Wednesdays, and Fridays. The first class will begin September 11th. The Northern Wake Senior Center will meet at Joyner Park from 8-9 AM and the Eastern Wake program will be virtual beginning 8:30AM. Call the appropriate center for registration.



FEATURED PROGRAMS:

New: Virtual Education Programs by Alzheimer's Association.

No one should face Alzheimer's alone. Register for one of the Alzheimer's Association's free virtual education programs about Alzheimer's and other dementias, as well as resources to help you navigate this journey. Join from the comfort and safety of your home. Participants will be given the option of joining via video/webinar or through a toll-free number. Registration is required, and registrant will be sent conferencing details prior to the date of the program.

10 Warning Signs of Alzheimer's
[September 15, 2020 | 10:00-11:00 AM](#)

Effective Communication Strategies
[September 17, 2020 | 5:00-6:00 PM](#)

Understanding and Responding to Dementia- Related Behavior
[September 24, 2020 | 5:00-6:30 PM](#)
[September 29, 2020 | 10:00-11:30 AM](#)

Legal and Financial Issues
[September 22, 2020 | 10:00 AM-NOON](#)

**Full program descriptions found on website or you can click on date above for each program.*

To register, call: 800-272-3900 or visit
Tinyurl.com/VirtualOfferingsENC



alzheimer's association®

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FEATURED PROGRAMS CONT:

Cooking Matters at Home Series: Sponsored by Inter-Faith Food Shuttle.

Teacher: Catherine Morba

Learn about cooking nutritious and budget friendly meals from the safety and comfort of home! Join Inter-Faith Food Shuttle for last of the 3 weeks of Zoom classes focused on senior nutrition. Each class will be 45 minutes and include a recipe demonstration. Online registration required. Sign up by clicking the blue links provided.

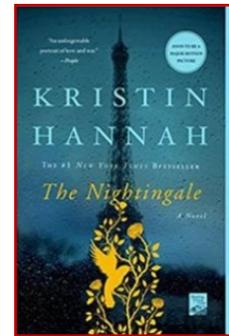
Thursday September 17th at 4PM [“Heart Healthy Meals”](#) or

<https://us02web.zoom.us/meeting/register/tZAocemsqiorHNGEZilci14jiqFWO-qFlkHM>



Virtual Book Club Opportunity: Sponsored by Brookdale Senior Living.

Connect with others to enjoy a glass of wine and a good book by joining our virtual Wine and Book Club. Bring your curiosity and discussion topics to share with others as you sip wine and join the conversation from the comfort of your home. Club begins Monday September 28th from 7-8pm. It will be a Zoom link. Call your senior center between August 26th and September 18th to register and order your complimentary book provided by **Brookdale Senior Living**. The book is “The Nightingale by Kristin Hannah.” Limited books available.



U.S. Congress: The Legislative Branch of the United States Government via Zoom platform, taught by RoseMarie Betuker. She has a B.S. Degree in Social Studies Education and a M.S. in Political Science.

This class will concentrate of the Constitutional background of Congress, its traditions, organization, and daily operation. The class will emphasize the importance of the current election, issues and future of policy and legislation. Class size is limited. 2 remaining sessions from 10-11:30AM on Fridays

Dates: September 18th and 25th

To register call 919-554-4111 for the ZOOM link.



Powerful and Fun You Don't Want to Miss:

Name That Tune: Sponsored by 

Every other Tuesday from 1:30-3:00pm

Programs Scheduled for September: 9/15, and 9/29

Join Cynthia Halstead, Aetna Community Lead Generator, and Donna Flowers for **Music, Fun and Prizes**. The event will be music genre from the 60s. Call 919-554-4111 to register and receive the Zoom link. You won't want to miss this one!



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FEATURED PROGRAMS CONT:

New: Virtual Hearing Health Seminar: by Wake Audiology
Wake Audiology has been serving the area since May 2005, specializing in providing thorough hearing exams and detailed consultations to help determine the exact nature of your hearing concerns. We are expanding our practice to include **cochlear implant** services to the Wake Forest community.

Take the next step to address your hearing loss from the comfort of home. Are you or a loved one struggling with your hearing even when using hearing aids? You are not alone. If you are interested in learning more about hearing implants - how they work, candidacy, insurance and more, we can connect virtually with Cochlear Americas from the comfort of your own couch!

Date: October 5, 2020 at 12:00PM

Location: You can join the event from anywhere! We recommend you choose a place that has a strong internet connection to ensure the best experience. More information to come regarding the link and registration.



VIRTUAL FITNESS CLASSES:

MARTY's CHAIR Yoga Class: Mondays at 3:30pm. The class will be a 45 minute seated yoga class. **Call the NWSC 919-554-4111 for a waiver that must be signed prior to participating.** After receipt of the waiver we will provide you the link. Class size is limited.

Line Dance with Ronnie: Every Thursday at 11am Space still available. **Call NWSC 919-554-4111 for signup, waiver and link to virtual program.**

Beginners KNOCK-OUT with Linda:

This class is easy to follow, no equipment needed! Enjoy basic boxing moves put together to form a fun cardio burning exercise workout. This class is modified for our active adult community (especially you guys!).
Tues & Thurs. at 9AM

Call Northern Wake Senior Center 919-554-4111 for signup, waiver and link to virtual program.



VIRTUAL CLASSES:

Genealogy: Every other Monday at 2pm: Next Class 9/14. New members welcome, call in to register for link to zoom.
Led by Mike Hardee.

VIRTUAL PROGRAM OPPORTUNITIES:

Heartland Virtual Support Group:

- 1st and 3rd Thursday of every month (1-2pm) **Grief Support Group**
- 2nd and 4th Thursday of every month (1-2pm) **Caregiver Support Group**

Contact Kristin Lassiter of Heartland Hospice to register : Kristin.lassiter@hcr-manorcare.com or 919-877-9959.

Outdoor Caregivers Support Group at Smith Creek Soccer Park, 690 Heritage Lake Rd, Wake Forest. 2nd Wednesday of every month at 10 AM. Contact Kristin Lassiter of Heartland Hospice to register. kristin.lassiter@hcr-manorcare.com, 919-877-9959.

Alzheimer's and other Dementias Caregivers Support

Group: September 17th at 10-11:30 AM: Meetings will be held the 3rd Thursday of every month at 10am via Zoom. Facilitated by DeeDee Harris of Dementia Alliance of NC. For more info email dharris@dementia.org.

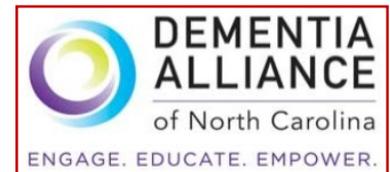
Northern Wake Parkinson's Support Group: These informational and educational support group meetings are for persons with Parkinson's disease and their care partners.

Wednesday October 7th, 1-2:30PM, Topic: "Just Us" presented by Heartland Hospice.

- Monthly meetings currently held virtually via Zoom or another platform.
- 1st Wednesday of the month from 1:00-2:30pm.
- Dates and times of programs may vary.
- Program followed by Q & A.

Register with Heather Arcuri, carysc@rfsnc.org or call 984-232-4523 (See additional newsletter attachment.)

Normal vs. Not Normal Aging: September 23rd at 11 AM. This is a 45 minute seminar and then Q & A. You don't want to miss this educational webinar involving Melanie Bunn from Teepa Snow's Positive Approach Team and the Dementia Alliance of NC. This is sponsored by Aware Senior Care and our own Resources for Seniors. To register go to: <https://us02web.zoom.us/meeting/register/tZlvc-->



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NATIONAL FALL PREVENTION AWARENESS WEEK:

Registration Open! Call 919-554-0724 to register and receive links:



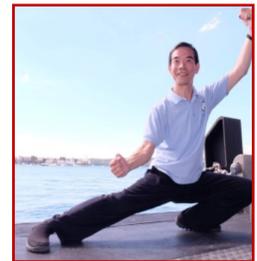
TAKE STEPS WITH US: TO PREVENT FALLS

Our intention is for each participant to learn, interact, and enjoy the ideas and resources presented by a collaborative of consultants, professionals with activities throughout the week to raise awareness about fall prevention.

Monday September 21, 2020

Session I: Introduction to Falls Prevention Week 10-11am

Norma Ferrell and Jennie Griggs will provide an educational / interactive Zoom session on Fall Prevention. The objective is to create greater awareness among professionals, older adults, caregivers, and family members regarding the serious toll falls have on older adults regarding their quality of life and independence. The discussion will present statistics, risk factors, and possible prevention interventions. The session will conclude with a Falls Free Self-Check-up as provided by NCOA. To register for the link, call 919-554-4111.



Session II: Introduction to Tai Chi for Arthritis 11-12pm

Presented by North Carolina Center for Health and Wellness. Pre-registration required. <https://healthyagingnc.com/registration-form>.



Session III: Video Tour of Universal Designed home in our area 1-2pm You won't want to miss this...

Narrated by Stephanie Kaeberlein, Matchline Interiors. What is universal design? Universal Design is the design and composition of an environment so that it can be accessed, understood and used to the greatest extent possible by all people regardless of their age, size, ability or disability. Gain a greater understanding of Universal Design and how its very nature decreases the incidence and risk of falls. To register for link, call 919-554-4111.



Session IV: Walking and the importance of appropriate footwear 2-3pm:

- Introduction to Walk with Ease, an Evidenced Based Program, presented by Rosetta Mock
- Video tour and conversation on the importance of appropriate footwear presented by Ellie Penner, Pedorthist and owner of Sole Dimensions. To register for link call 919-554-4111.

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NATIONAL FALL PREVENTION AWARENESS WEEK CONT:

Tuesday September 22, 2020

Session I: Introductions to Line Dance, Zumba, and Barre. 1-2pm.

Get a taste of each fitness program, the instructors, and the rolls they play in fall prevention. To Register for link, call 919-554-4111.



Session II: How to find a home to “Age in Place” and the home modifications that may be necessary 2-3pm.

There are two presenters. Deb McCutcheon OT and Senior Real Estate Specialist (SRES). Deb is a Realtor with ReMax Lindsay Real Estate Group. She is dedicated to the aging population and serves in a board position with National Aging in Place Council.

Scott Smith, Owner RWS Construction has over 35 years experience in the construction industry Scott specializes in accessibility. Scott is a Certified Aging-in-Place Specialist, Certified Graduate Remodeler, and Certified Green Professional. His passion stems from his personal experience with aging family members.



Wednesday, September 23, 2020

Session I: Reducing the Risk of Falling in Seniors through Physical Therapy 1-2pm.

Interactive session presented by Brian Smith PT DPT, SCS Physical Therapist with Pivot Physical Therapy. Call to register and receive the Zoom link. 919-554-4111



Session II: 2-3pm

- **AI Devices for Fall Prevention Presented by Brad Ross.** Learn about the role Artificial Intelligence is playing in fall prevention today.
- **The Role medication plays in falls presented by Dr. Casey Baldwin, Associate Professor Campbell University and Resources for Seniors.** Learn about the medications that have an effect on balance and what to ask and watch for. To register for this two series Zoom session call 919-554-4111



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NATIONAL FALL PREVENTION AWARENESS WEEK CONT:

Thursday, September 24 2020

Call 919-554-4111 to register and receive Zoom links.



Session I: 1-2pm.

- **Visual Impairment and the role it plays in the risk of falls.** In-office presentation by Dr. Jon Lutz, Wendell Eye Care.
- **How your hearing affects your balance and the risk of falls.** In-office presentation by Susan Berquist, Audiologist, Heritage Audiology.



Session II: 2 –3pm. Introduction to Evidence Based Fall Prevention Programs offered by the Senior Centers. Matter of Balance, GeriFit, and Fit and Strong.

Explanations and short demonstrations of what each program offers, the requirements to be a part of the class and the benefits regarding Fall prevention and the Fear of Falling. Presented by Norma Ferrell, Laura Wilson, and Linda Thomas.



Friday, September 25 2020

Call 919-554-4111 to register and receive Zoom links.

Session I: 1-2pm. A Zoom session on Falls & Brain Injury will be presented by Lauren Castello, MC, CRC, CBIST, Brain Injury Association of NC.



Session II: 2-3pm. Hear and see first hand how the Evidence Based Classes addressing fall prevention have made a difference. Learn about advocacy regarding this topic and engage in questions and closing remarks.



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DID YOU KNOW:

There is legal aid assistance: Call Legal Aid of NC for assistance with Elder law documents. Harry Langley at 1-866-219-5262 and reference the Northern or Eastern Wake Senior Centers.



Memory Screening by ComForCare Home Care:

Memory screenings are simple, quick and noninvasive, and consist of a series of questions to gauge memory, language, thinking skills and other intellectual functions. The memory screening takes approximately 10-15 minutes and is confidential. Memory screenings are an important part of health.



Results are not a diagnosis, but a memory screening can suggest if someone should see a physician for a full evaluation.

Call (704) 491-1090 or email Nicole@comforcare.com today to see how ComForCare Home Care can help you Live Your Best Life Possible.

Virtual Store: Are you a crafter, potter, or seamstress? Do you have a special item that you make and would be willing to donate to our virtual store to raise money for the centers? These items may be ones that you would normally make for our Craft Sales. Due to COVID19 we want to offer them on our Facebook store in case we are unable to hold the craft fair. Please call the center if interested. Just a few of the items available for sale.



JUST A REMINDER:

Follow us daily on Facebook: New posts and live-streams Monday-Friday: www.facebook.com/NWSCenter

Watch Northern and Eastern Wake's YouTube Channel:

Channel: There's a new video available by Annette Rhodes, Rhodes Law Firm, entitled "*Why should you pay your kids to take care of you*". You don't want to miss this one.

www.youtube.com/channel/UCcUa03PH6f5ye7j0KXO81Lw



Support our own Laura Wilson by subscribing to her you Tube Channel: Chittarupa Yoga and Fitness. It is free. Sign up , get a password and click the subscribe button the channel.

<https://www.patreon.com/user?u=39627217>

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NEXT WEEK AT A GLANCE:

Monday Sept 14	Tuesday Sept 15	Wednesday Sept 16	Thursday Sept 17	Friday Sept 18	Saturday Sept 19
8:00 Walk with Ease Joyner Park 8:30 Yoga with Laura	8:30 Tai Chi (Full)	8:00 Walk with Ease Joyner Park 8:30 Yoga with Laura	8:30 Tai Chi (Full)	8:00 Walk with Ease Joyner Park 8:30 Yoga with Laura	COVID TESTING 9—2 Drive through
9:00 Walk with Ease (EW) Virtual	9:00 Beginners Knock-out	9:00 Walk with Ease (EW) Virtual	9:00 Beginners Knock-out	8:30 Walk with Ease (EW) Virtual	
	9:30 Water Color			10:00—11:30 U.S. Constitution	
		10:00am Outdoor Caregiving Support Group	10:00am Tone and Sculpting		
10:00 Aerobics	10:30 Acting your Age	10:00 Aerobics (Full)	10:00—11:30 Alz & Dementia Support Group	10:00 Aerobics	
11:00 Drawing Class			11:00 Line Dancing with Ronnie (Virtual)		
11:30 Zumba Gold		11:30 Zumba Gold		11:30 Zumba Gold	
				1-2 Music Therapy	
	1:00—3:00 Acrylics 1:30—3:00 Name that Tune	1:00 Hospice vs Palliative Care 1:00 Parkinson's Group Meeting	1:00 Need to Know	1-3 Parkinson's Support Group Raleigh SC	
2:00 Genealogy			1:00 Caregiver Support Group		
	2:30—4:00 Powerful Tools for Caregivers		2:00—3:00 EW Book Club		
3:30 Chair Yoga	3:30 Live stream	3:30 Live stream	3:30 Live stream	3:30 Live stream	
			4:00 Heart Healthy Meal with Interfaith Food Shuttle		